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- Keep an eye open for wild greens known to be good eating—dandelion, lambsquarters, plantain, poke, purslane, wild chicory, dock.
- Remember the greener the leaf, pod, and stem, the richer in vitamin A.
- You can store vitamin A in your body for months ahead. When green vegetables are plentiful, heap your plate high every day. They'll help you build your vitamin A bank for the future.

Issued by
BUREAU OF HUMAN NUTRITION
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Agricultural Research Administration
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Washington, D. C.
January 1946

These recipes were previously published under the title "Green Vegetables in Wartime Meals," AWI-54.

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Green Vegetables in Everyday Meals

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PANNED VEGETABLES

Panning is a quick and easy, top-of-stove way to cook many vegetables. It is thrifty of food values, too, for the vegetable is cooked and served in its own juices with just enough fat to season.

Favorites for panning are *cabbage*, shredded in narrow strips . . . *kale*, stripped from the tough midribs . . . *spinach* . . . *summer squash*, cut in small pieces . . . *okra*, with the pods sliced crosswise . . . very tender *green beans*, sliced thin.

For each quart of the vegetable measured after being prepared for cooking, allow 2 tablespoons of fat.

Melt the fat in a heavy flat pan, add the vegetable, and cover to hold in the steam. Cook the vegetable slowly until tender, but not mushy. Now and then give it a stir to keep it from sticking to the pan, and when ready to serve season with salt and pepper.

Drippings from roast meat, fried sausage, salt pork, or bacon go especially well as the fat in panned vegetables. Or, if preferred, fry some salt pork cut in small pieces, or bacon slices, use the fat in panning the vegetables, then add the crisp bits of meat just before serving.

Vary the flavor of panned vegetables by adding a little chopped onion, or leftover bits of meat when the vegetable is almost tender.

Milk, slightly thickened, is another good seasoning for some panned vegetables. Sift flour lightly over the cooked vegetable and mix well, add milk, and stir until thickened. Season with salt and pepper.

Wilted Greens

First cousin to panned vegetables is the old-fashioned way of wilting garden lettuce and other greens.

To every 2 quarts of the greens, measured after they are looked over and washed, allow one-fourth cup meat drippings, one-half cup vinegar, and if desired a small onion chopped. Cook the onion in the fat until it turns yellow. Add the vinegar, and when it is heated add the greens. Cover and cook until wilted. Season with salt and pepper and serve hot. Or let cool and serve as a salad.

■ ■ ■ MANY WAYS TO

5-Minute Cabbage

Heat 3 cups of milk, add 2 quarts of shredded cabbage, and simmer for about 2 minutes. Mix 3 tablespoons of flour with 3 tablespoons of melted fat. Add to this blended flour and fat a little of the hot milk. Stir into the cabbage and cook for 3 or 4 minutes, stirring all the while. Season to taste with salt and pepper and serve at once.

Sweet-Sour Green Beans

A little vinegar and sweetened cream or evaporated milk added to cooked green beans gives that different flavor that your family will enjoy as a change.

Spinach Loaf

Spinach and kale are especially good in a vegetable loaf. Prepare exactly as for creamed vegetables, adding a little chopped onion for flavor. Remove the center of a loaf of stale bread, leaving a shell for the creamed vegetable. (Use the crumbs in puddings or other baked dishes.) Fill with the hot vegetable mixture and moisten the sides and top of the loaf. Bake until hot and crisp, then cut in slices and serve.

Peas and Potatoes

Cook 2 cups of peas and 2 cups of diced potatoes, new or old, with a little chopped onion, until all are tender. Add a little fat and seasoning and serve at once.

Vegetable Omelet

To make an omelet that is "different" add a cooked green vegetable to the egg mixture before cooking. Or spread the cooked vegetable on the top of the omelet after it has set but before it is rolled onto a hot platter to serve.

Have the vegetable drained and finely chopped, and use the vegetable juice in place of milk or water in mixing the omelet.

Stewed Okra and Tomatoes

Add about 3 cups each of diced okra and tomatoes to 3 tablespoons of melted fat in a saucepan. Sprinkle with salt and pepper. Cover and cook for 10 or 15 minutes at moderate heat. Remove the cover and cook a little longer for the liquid to evaporate. Serve piping hot.

Squash used instead of okra makes another interesting combination . . . follow the same recipe as for okra and tomatoes.

Green Beans, Cabbage, or Squash—Flavored With Meat

Meat flavors, especially the salted, smoked, or corned meats, add zest to any green vegetable. Cover the meat with water and simmer until almost tender. Use some of this liquid for cooking the vegetable—dilute if too salty. Simmer gently until the vegetable is tender, but not broken. Season to taste.

Kale and Rice Ring

Cook 2 quarts of kale, drain if necessary, and add one-quarter cup of meat drippings. Make a ring with 3 cups of hot cooked rice and fill the center of the ring with the vegetable. Or mix the seasoned vegetable and the rice together and serve. Hot, fluffy mashed potatoes may be used for the ring instead of the rice.

Scalloped Asparagus and Spaghetti

1½ cups spaghetti. **1 cup thin white sauce.**
2 cups cooked asparagus.

Cook the spaghetti in salted, boiling water until tender, and drain. Place layers of the spaghetti and cooked asparagus in a greased baking dish. Add 3 or 4 drops of tabasco sauce to the white sauce, and pour over the contents of the baking dish. Sprinkle with fine bread crumbs, and bake until golden brown in a moderate oven.

Cabbage combines well with spaghetti, too, in a scalloped dish—or try noodles for a change. Melt a little cheese in the white sauce, if you wish, to add more flavor and food value.

Vegetable Soup Pot

Why not keep a soup pot always handy? In it put bits of vegetables that would otherwise go to waste . . . outer leaves of lettuce . . . vegetable liquor . . . any leftover vegetables. If you have a meat bone, add it for flavor. Cook the soup slowly. Keep in a cold place when not actually cooking.

Vegetable Cream Soup

Heat 1 quart of milk in a double boiler. Blend 2 tablespoons melted fat and 2 tablespoons flour. Add a little hot milk, stir until smooth, and mix with the milk in the double boiler. Add 1½ teaspoons of salt and 2 cups finely chopped raw cabbage or spinach. Stir until thickened, cover, and cook about 10 minutes.

Use cooked vegetables, too, in delicious cream soups. Follow the same recipe only cook the milk mixture a few minutes before adding the vegetable. Heat again and serve.

Salad Suggestions

Green vegetables, uncooked or cooked, make attractive salads served alone or in company. Chop or shred vegetables just before serving.

- Shredded cabbage with chopped onion and peanuts or with chopped or grated raw carrot.
- Cooked green beans and thinly sliced raw or cooked carrots.
- Raw chopped spinach with diced tomatoes or hard-cooked egg.
- Cooked peas and chopped onion.

These salad suggestions also make delicious sandwich fillings. Cut fine and mix with salad dressing or creamed table fat before spreading on slices of bread.

Cabbage Slaw—Hot or Cold

Cut cabbage in quarters, wash thoroughly in cold water. Drain, shred, and set aside in a cold place until crisp. Pour hot salad dressing over the crisp cabbage; stir until well mixed. Serve hot or cold.

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Out of garden or grocery, onto the table, with only a brief pause in salad bowl or cooking kettle . . .

That's the vitamin- and mineral-saving way with green vegetables.



FRESH . . . CRISP . . . CLEAN

● Use green vegetables fresh—the fresher the better. Vitamins disappear as vegetables wilt and wait.

● If you must hold them for a day or so, keep green vegetables cool, damp, and lightly covered. Pile loosely to prevent crushing.

● Wash quickly, never soak, and lift from water to free from sand and grit.

● To crisp up salad greens after washing, wrap in a clean cloth or put in a covered dish and let stand for a little while in a cold place.

● Save for the soup kettle leaves and stems too coarse to use "as is."

SOME COOKED . . . SOME RAW

● Start green vegetables cooking in briskly boiling, lightly salted water . . . just enough to prevent sticking to the pan, or with greens, only what clings to the leaves.

● Cover green vegetables to speed the cooking. Or use a pressure saucepan to shorten the time even more.

● Cook green vegetables only until tender, season simply, serve at once.

● Drain no drop of good pot liquor down the sink. Use surplus juices in soup, gravy, or a vegetable cocktail.

● Toss together green vegetable salads just before you serve; and to make your ration for fat go further, be a miser with the oil in the salad dressing.

Servings for Six

Recipes are planned for six servings. **For** raw greens, press down firmly in measuring to give the quantity called for in the recipe.

PLAIN BOILED

Best-known way to cook green vegetables is to boil, but make it speedy. Cook with a lid on, in lightly salted water, only until tender. Use as little water as possible. Season with salt, pepper, and meat drippings or other fat.

For a "different" flavor, add chopped parsley, chives, or herbs just before serving.

Guide to Boiling

	Minutes
Asparagus	**15–20**
Beans, snap	**20–30**
Beans, lima	**30**
Beet greens	**10–15**
Broccoli	**15–25**
Brussels sprouts	**15–20**
Cabbage, shredded	**5–10**
Cabbage, quartered	**10–15**
Collards	**20**
Dandelion greens	**10–20**
Kale	**10–25**
Okra	**10–20**
Peas	**10–20**
Spinach	**5–10**
Summer squash	**15**
Turnip greens	**10–20**

CREAMED

Use a white sauce for variety in serving fresh cooked green vegetables or in reheating leftovers. To each 2 cups of cooked vegetable, add 1 cup of the sauce.

For a medium-thick white sauce, blend 2 tablespoons of flour with 2 tablespoons of fat. Add 1 cup of milk. Cook slowly and stir constantly until smooth. Salt to taste. Use the liquid in which the vegetable has been cooked in place of part of the milk if you like.

With Bread Crumbs. Pour the creamed vegetable into a greased baking dish, top with bread crumbs, bake until lightly brown. For added food value and flavor, melt cheese in the white sauce or add sliced hard-cooked eggs.



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